

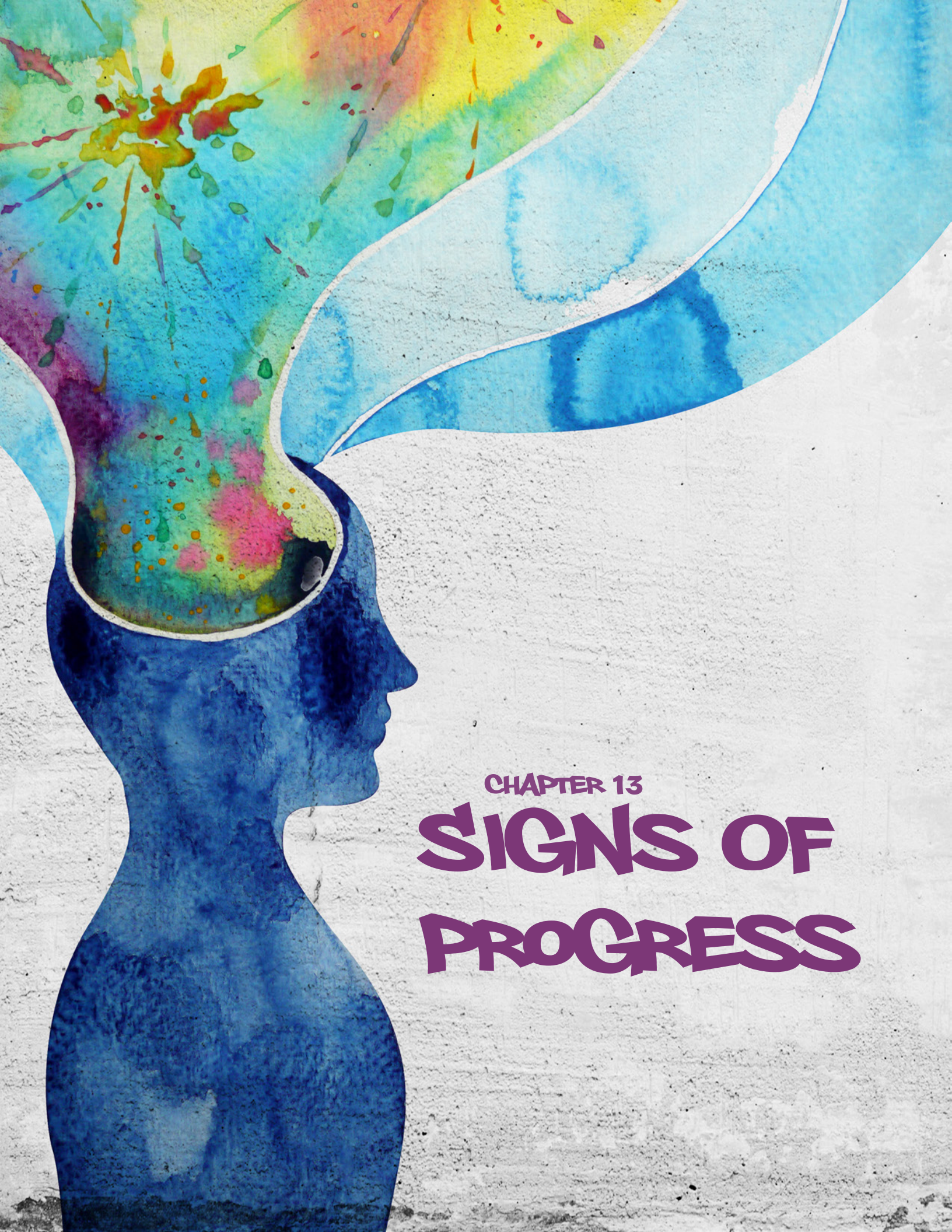
Learn secrets of the mind and forever solve the problems of negative emotions, bad behaviors, disempowering thoughts and dysfunctional relationships.

PUNK PSYCHOLOGY

By Keith Scott-Mumby MD, MB ChB, HMD, PhD

CONTENTS

- 1 Introducing Hypnoetics™
- 2 A Brief History Of Mind Exploration
- 3 What Is A Mind?
- 4 How Does It Go Wrong?
- 5 Terminology And Structures
- 6 What We Are Doing In Piloting
- 7 Universal Trauma Syndrome
- 8 Managing The TimeLine
- 9 Reviving Pleasure Moments
- 10 The Hypnoetics™ Timeline Technique
- 11 Further Advices
- 12 Sensate Awareness
- 13 Signs Of Progress
- 14 Multiple Viewpoint Hypnoetics
- 15 The Complex Of Self
- 16 The Truth About Past Lives
- 17 Re-Writing Personal History
- 18 The Protoplasm Entity (PE)
- 19 Better Communication Means Faster Results
- 20 The Undercut



CHAPTER 13
**SIGNS OF
PROGRESS**

KNOWING WHEN TO QUIT

One of the very important skills we teach pilots is simply *knowing when to quit*. Or at least, when to take a break! Sometimes the results are outstanding, the client consumed with delight, or overwhelmed with excitement, and it would be inappropriate to continue. It can even happen that the person is so blown out, they temporarily can't access their case, so nothing useful can be done anyway, until he or she settles down.

Better to take a break, let him or her enjoy their win, and come back to these things later. Nothing is lost by this and the interlude does not allow them to relapse. What really happens is that he or she processes the initial success and then pulls in more related charge, which now also needs addressing. This process repeats over and over, until he or she has no more available charge to pull in. The issue or topic has gone flat. It's no longer a problem. Usually this is reflected in the fact that the client has found new abilities and the old issue no longer arises.

Very satisfying.

Here is a review of what we call quit-points (QPs), that is: moments when we choose to end off, for one reason or another. The only thing we try to avoid at all costs is quitting because the person is finding the going tough.

If you have moved on to GSR metered flights, that will also help you decide when to stop. After tons of differential, the person looks happy and the needle has gone null or IDLE. That's the time to end off for now.

In escalating order of "Wow!" these are some quit points you should look out for.

1. The client is running out of energy. Simple but obvious. It can be very exhausting at times, dealing with mental energies. Moving and processing them sometimes feels like moving rocks around! It's tiring. You can continue later, after a break that can be short, like for a coffee, a bite to eat, or a nap—or longer, like a good night's sleep, or until he or she feels rested enough to continue.

2. Also not technically a quit point: The time that was planned for the flight is over and you are not in the middle of something charged. It is OK to end the flight early at this point, in order to keep the schedules of both client and pilot in good working order, and continue it at the next appointment.

Below is a list of genuine possible quit points:

3. A whole topic, issue, or episode (event) is discharged and the client feels released and good about it. This is the commonest reason to end a flight. All is good; case progressing well. Time to move on to the next episode or topic. Or "See you next time!"

4. The previous quit point may be a resolution only from the client's point of view. But if you are doing multiple-viewpoint Hypnoetics™ (chapter 14), there is still the need to run the viewpoint of others involved. Flattening or fully discharging another's viewpoint, with a good result, is also a handy moment to quit. Again it may mark the end of an issue or topic or be a good moment to end off the flight.

You will spot these basic QP moments easily, as times when there is a new insight or realization (see *cognosis* below), an upsurge in mood, healthy smiles or laughter, a gain in certainty or ability.

4. If the result of what you are doing results in a really huge, earth-shattering or life-changing realization, then the whole flight needs to end. The client is floating on cloud nine and grinning from ear to ear. Trying to continue may invalidate the big win.

5. Similar to item 1, we have what may be called a "hard work QP": The client has completed a big chunk of work that really cost him energy, and we end the flight, rather than take on something new in the time remaining, to avoid a situation where we would have to leave off in the middle of something charged because the client has run out of steam.

6. We end any flight, even if we are sure there is still charge, if the client is so "blown out" that he cannot contact it. We need to make a break until he has come down to Earth and can do more piloting. This can take minutes, hours, days; sometimes even weeks or months.

We have to end the flight, even if it was short, because in this condition he or she will not be able to contact his or her remaining case. But don't make the mistake of assuming that is the completion of our protocol at this point. That's a mistake often made by other workers and other teachings. To not come back to the topic and check if it is still loaded may be to leave a lot of charge unhandled because it has not been addressed and can be triggered again when the client has come down from his cloud!

7. Out of body (exterior) QP: Sometimes the client reports that he went out of his body, or we recognize it by some statement he makes, like suddenly being bigger than before, or the room having become much brighter. If this is new to the client and very exciting to him, it is also a reason to end the flight. Basically

it is another version of the “blown out QP” - a positively overwhelming experience.

8. Whole subject flattened: The charged subject, traumatic incident, identity clash or other item we were working on is no longer charged for the client and he is either in a pleasant calm mood, or in a great mood and excited about a positive change that he experienced. This can happen before we have done all the steps of the protocol we have started, and the rule is that we are ending here and skip the remaining steps.

It would be a mistake to assume a subject is done, when we are really looking at a “blown out” client. It will not be a disaster if we move on to the next subject, but there is a big risk that it now appears uncharged when it is really not, simply because the client cannot, at that moment, feel any of his charge! So it is better to have one too many flight with an early end than one too few.

You will readily see that some of these quit points are difficult to call. The main thing is you will not screw anyone up by making the wrong choice, so don't angst about it! You will develop more skill and knowing with practice.

Hopefully you will be able to get yourself into a mentoring situation, where someone more experienced can guide you.

Now let's move on to the grander topic of case gain.

CASE GAIN DEFINITION

Change for the better in thoughts, behaviors, emotions and personality we call case gain (*case: the sum total of the person's non-optimum thoughts, disagreeable emotions and self-limiting behaviors*).

There are a number of signs that Hypnoetics™ is progressing nicely in the right direction. These are basically milestones of improvement and go as follows:

1. Willing to look at things
2. Willing to talk
3. Emerging rationality
4. New insights (*cognosis*)

5. Dropping away of the pain and negative
6. Positive feelings
7. Shift
8. Renewed abilities
9. Peak experiences

As a person progresses and gains increasingly correct perspectives on their inner domain, he or she will move through this hierarchy and it pays to be aware of it. Individual stages are discussed as follows:

1. The person has to be willing to talk freely about their life and experiences, otherwise, it's a no-go.

2. Emerging Rationality

The first change you will probably notice is they start to see things in a clearer, more logical way. Answers begin to make sense to YOU, as the pilot. The person starts to see WHY things have been the way they were. These self-observations have a kind of "rightness" that brings understanding and satisfaction.

Indeed, if this isn't happening, then something is wrong.

The fundamental process of piloting is the UNCOVERING of truth; we earlier called it unburdening. As the layers of illogicality and false emotion come away, the sense you are looking for should become clearer and clearer. Sometimes it happens in a flash; far more commonly, it is a gradual process.

Gradually, the client begins to see that the way he or she was thinking was stupid, illogical or destructive. But the emerging new version of circumstances, thoughts, beliefs or emotions makes more sense and is more empowering. This isn't a matter of the client making him or herself wrong; he or she becomes RIGHT by seeing something better. There may be a degree of negativity, it is true, from chagrin to embarrassment or misery, but it generally clears on inspection (remember the mechanics of Deep-IS, introduced on page 20).

The truth looks better and feels better than lies.

3. Cognosis (New Insights)

Cognosis is a process. As rationalization progresses, you will hear the client suddenly become aware of new dimensions and perspectives that liberate his or her thoughts and emotions. It is hard to describe this feeling, except by experiencing it. Fortunately, most of us do at some time or another.

Think of the last time you had a “Wow, now I can see why...” type of experience. Really, these sudden insights grow out of accumulated reason. As your client gains more understanding, he or she may come to see things in a completely new way and will not fall back to the old way of thinking.

4. Dropping Away of Pain and Confusion

You will observe that new awareness results in a freedom, a release from pain or unhappiness. The client felt bad about something; now he or she has grasped where it was all coming from and doesn't feel bad about it any more. He or she can “let go”.

5. Positive Feelings or “Wins”

Next will come the surge of GOOD feelings. If (example) the client has felt depressed for years every time he or she looks in a mirror but now suddenly reports feeling great, then that is the emergence of great new emotions, such as happiness and delight, taking the place of the old gloom.

It's totally logical, actually.

6. Shift

In Supernoetics®, hence its baby-steps offshoot Hypnoetics™, we value shift. Most systems and “therapies” (like EFT) aim to see things differently from the same place. We want our clients to see things differently from a new place! Hence shift.

There will come times when he or she experience such a positive release that life changes forever at that moment. Feeling outrageously wonderful can and does happen with Punk Psychology™! People often liken it to floating on air; there is a definite sense of something have gone; dropped away.

Shift is not the act of getting rid of “stuff”. Shift is what happens as *a result* of getting rid of stuff.

The way we see it in Supernoetics™, with educational programs and personal piloting, is that there are lots of “Aha!” moments, which build into shifts. Shift can come at you in spades or it can be gradual. We value it highly; the more of it the better!

That’s how personal growth comes about; we improve how a person sees things; we improve abilities, attitudes and emotions; we handle (diminish) a person’s case until he or she sheds unwanted layers of confusion, inability and compromise.

Hypnoetics™ is only the first stage of a whole range of techniques. We can truly boast in Supernoetics® we have “the protocols for change and human transformation™”.

7. Renewed Abilities.

A major change in mental state will usually result in the recovery in some ability life. We speak often of negative gain, meaning inhibitors have vanished. The apparency of gaining something new is really the client re-discovering something about him or herself that was thought to have been lost. It was there all the time. Now it is free to express itself once more (akin to the somewhat disparaging phrase “born again”).

Thus you may address all your negative thoughts about money to the point where you can suddenly deal with it in a new and remarkable way. Prosperity starts to happen for you. From struggle, you become a big-time money manager.

The point here is that rational action and rational thought are inseparable. If you are bugged by money handling (or whatever), it is because of disempowering beliefs, thoughts and emotions about money. If you can release those properly, then you will be able to act differently with money.

8. Peak Experiences

Finally, though sadly quite rare, you may experience one of those ecstatic moments of sheer joy and beauty that Abram Maslow called “peak experiences”. This is full of positive emotion and a bit like shift, but of a very different order of magnitude. The experience is so intense it takes on a semi-religious quality. People speak of universal love, an oceanic quality, out-of-body states, intensified perceptions, and indescribable beauty that is almost unbearable (Maslow, *A. Toward A Psychology Of Being*, New York: D. Van Nostrand Co., Second Edition, 1968).

Such events do occur spontaneously in people's lives, though there would typically be a triggering cause. Probably most people have them but these become so obscured by the dross of unpleasant experience that the majority of individuals cannot even remember being in such a state.

Piloting has the definite capability of delivering this condition to you, from time to time. It will generally happen as you progress, rather than early on. But there are no rules. It can burst upon you at any time.

Enjoy it for as long as it lasts. Link up to the rest of creation and enjoy the blissful feelings of being connected and serene. It is good to experience our spiritual selves; such moments are precious and should be drunk to the full. Later we'll be sharing ways to make these states more accessible and more permanent.

UTILIZATION

Use these positive signals to guide you deeper in regard to subjects being addressed. While it is going well in a particular direction, keep at it. The more transformation and benefit you can bring before switching the client to a new target area, the better. It would be a tactical error to give up or switch if good results are forthcoming. Yet many people do just that; be on guard against making this mistake yourself.

Renewed ability and feelings great about something is definitely the time to move on. You can work too much in an area if you allow yourself to become obsessed by it. Unfortunately, there is a gone-on-too-long factor, which can kick in and cause you trouble.

This "too much or too long" is another kind of untruth coming to cloud the situation. If you have dealt with the problem and got a result, to go on fussing at it is to state or imply that it has not been resolved, which is properly another kind of lie. Thus you will encounter more problems and difficulties.

Avoid it!

PUNK POINTS:

- There are quite a few pointers to suggest a good time to end off, ranging from just sheer fatigue (which must be recognized), to blown-out excited. In neither state is a person really fit to be engaged with something new. Better to allow him or her rest for the former and time to come down to earth for the latter!
- Providing you are not running out on the client because things got tough, taking a break for any one of several reasons won't do any harm or stall the case.
- It is possible to identify a range of gradually expanding and improving states and abilities in a client, from being willing to take a look at things and start talking, through Aha! and cognosis moments, and shift, all the way up to what Abram Maslow called a "peak experience".
- If you later progress to learning the skills of using a GSR meter, you will find a number of other positive instrument responses that will also indicate to you that it's time to take a break for the present.